

## BEING TRULY BUDDHIST

Neither for the sake of taking care of my health  
Nor for the sake of safeguarding my own wealth  
Nor for the enhancement of my family's progress  
For the multiplied fortunes of my offspring  
Or the assured fidelity of my spouse  
Will I ever seek aid or assistance  
From any person or source of power  
Down on earth or in the heavens above.

Outside my graciously benevolent and bounteous  
Tisarana or the Holy Triple Gem  
Of the Buddha, Dhamma and the Sangha.  
None other shall receive my honour or veneration  
Nor shall I offer any gift or prayer  
Neither in eulogy nor in kind.

This alone is the solid foundation  
Of my life as a faithful disciple.  
This truly is my only source of inspiration.  
This I believe is more than I need  
To propel me forward in my daily quest  
For success in my unambitious humble life  
And for the fruitful growth of my inner self.

My own life experience  
Bears testimony to this.

Bhikkhu Dhammavihari  
Adelaide Sri Lanka Buddhist Vihara Incorporated  
Adelaide  
21st December 1996